

ADULT PROGRAM

WINTER/SPRING | 2018



RALEIGH Parks, Recreation and Cultural Resources
parks.raleighnc.gov



BRAND NEW!
Evening classes and free fitness
room access at Five Points –
see inside for details!

ANNE GORDON CENTER FOR ACTIVE ADULTS

1901 Spring Forest Road
Raleigh, NC 27615
Phone: (919) 996-4720
Email: annegordoncenter@raleighnc.gov

FIVE POINTS CENTER FOR ACTIVE ADULTS

2000 Noble Road
Raleigh, NC 27608
Phone: (919) 996-4730
Email: fivepointscenter@raleighnc.gov

WALNUT TERRACE NEIGHBORHOOD CENTER

1256 McCauley Street, Suite 103
Raleigh, NC 27601
Phone: (919) 996-6160
Email: WalnutTerraceCenter@raleighnc.gov

Website: parks.raleighnc.gov

Keyword Search: Active Adults

HOURS OF OPERATION

Monday - Friday, 9:00am - 6:00pm

The centers will be closed on January 1st, January 15th and March 30th.

Five Points Center for Active Adults has additional hours on Mondays and

Thursdays 6:00pm - 9:00pm.

HOW TO REGISTER

Mail-In

Send registration form and payment to any of the three centers.

Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

Online with Reclink

Visit reclink.raleighnc.gov. Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment online.

One day Trips are available for online registration. Multi-day trips are not accepted online.

All centers are easily accessible via public transportation:

- Anne Gordon Center for Active Adults: Use GoRaleigh Route 1 and transfer at Triangle Town Center to the 25L connector route.
- Five Points Center for Active Adults: Use GoRaleigh Route 2
- Walnut Terrace Neighborhood Center: Use GoRaleigh Route 21

For more information please visit <https://www.raleighnc.gov/transit/>

HOW TO READ COURSE LISTINGS

Class Title	BASICS WITH BARB For those who have taken Introduction to Computer Applications in the past or have previous experience with computers and just want a refresher.			
Course	Five Points Center for Active Adults			
Location + Fee	#129908	May 5-12	W	Class Fee: \$40 9:30 AM-11:30AM
	Class Barcode	Class Dates	Class Day	Class Time

STAFF DIRECTORY

Todd Riddick

Adult Program Director

(919) 996-2151

Todd.riddick@raleighnc.gov

Carmen Rayfield

Adult Program Manager

(919)996-4734

Carmen.rayfield@raleighnc.gov

Brian Philpot

Anne Gordon Center for Active Adults Director

(919) 996-4724

Brian.philpot@raleighnc.gov

Jennifer Tabery

Five Points Center for Active Adults Director

(919) 996-4733

Jennifer.tabery@raleighnc.gov

Morgan Edmundson

Five Points Center for Active Adults Assistant Director

(919) 996-3287

Morgan.edmundson@raleighnc.gov

ART PROGRAMS

ACRYLIC PAINTING

This acrylic painting class offers students the opportunity to work at their own pace under the direction of the instructor. It is appropriate for students of all levels. Students will receive a list of materials to purchase on their own. Instructor: John Duza.

Five Points Center for Active Adults			Course Fee: \$70
#213499	Jan 8-Apr 30	M	10:30 AM-1:30 PM
#213500	Jan 3-Apr 25	W	12:30 PM-3:00 PM

BLUEGRASS JAM

Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen!

Five Points Center for Active Adults			Course Fee: \$0
#213533	Jan 3-Apr 25	W	1:00 PM-5:00 PM

CERAMICS BASICS - PAINTING GREENWARE

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list of necessary materials to purchase on their own. Instructor: Ann Long.

Five Points Center for Active Adults			Course Fee: \$0
#213951	Jan 3-Apr 25	W	9:30 AM-12:00 PM

CRAFT GROUP

Join your fellow crafters for this craft program. Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charitable organizations.

Five Points Center for Active Adults			Course Fee: \$0
#213956	Jan 2-Apr 30	M-Th	10:00 AM-11:30 AM

DRAWING FROM HISTORY

Join us for the lectures and to help develop your drawing and watercolor skills. Whether you're an absolute beginner or are looking to improve your work and knowledge of art history, this class is designed to help you better understand the development of Western painting. Each class will focus on one historic artist and period with a demo and hands-on assignments. You can use pencil, pen, and any watercolor media. Materials are provided for the first class with a list of recommended supplies and supplemental guides. No experience necessary! Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults			Course Fee: \$35
#218165	Jan 9-Feb 27	Tu	9:15 AM-12:15 PM

Five Points Center for Active Adults			Course Fee: \$35
#218166	Jan 9-Feb 27	Tu	2:00 PM-5:00 PM

FLOWER ARRANGING: ORCHID PLANTER

Create an orchid planter with tillandsia, moss, branches, and other winter elements to keep in your home. Class price includes instruction provided by the English Garden design team, all flowers, vase, and materials, and use of any necessary tools during the class. Please register by January 10, 2018.

Five Points Center for Active Adults			Course Fee: \$65
#219169	Jan 17	W	3:30 PM-5:30 PM

FLOWER ARRANGING: RED HOT ROMANCE

Keep the romance going with this fiery & fabulous design of all red florals. Attendees can select between two vase styles to create either a low, lush design or a mid-height arrangement. Class price includes instruction provided by the English Garden design team, all flowers, vase, and materials, and use of any necessary tools during the class. Please register by February 14, 2018.

Five Points Center for Active Adults			Course Fee: \$50
#219170	Feb 21	W	3:30 PM-5:30 PM

FLOWER ARRANGING: GREEN WITH ENVY

Enjoy a fun exploration of florals, foliage & textures in a monochromatic design green palette. Succulents, dianthus, hydrangea, hypericum, myrtle, laurel, roses, berries, mums-if it's green it will be in the mix! Class price includes instruction provided by the English Garden design team, all flowers, vase, and materials, and use of any necessary tools during the class. Please register by March 14, 2018.

Five Points Center for Active Adults			Course Fee: \$50
#219171	Mar 21	W	3:30 PM-5:30 PM

FLOWER ARRANGING: TULIPS

Tulips are among our favorite flowers! There's no better time to enjoy them than when spring's early crops are in bloom. Create a classic tulip arrangement in our favorite 'curvy' vase while learning basic tulip care & handling. Class price includes instruction provided by the English Garden design team, all flowers, vase, and materials, and use of any necessary tools during the class. Please register by April 11, 2018.

Five Points Center for Active Adults			Course Fee: \$55
#219172	Apr 18	W	3:30 PM-5:30 PM

ART PROGRAMS

JOYFUL CHORUS

Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events.

Five Points Center for Active Adults

Course Fee: \$0

Full Choral Group

#213976 Jan 8-Apr 23 M 12:00 PM-1:00 PM

Harmony Group

#213977 Jan 8-Apr 23 M 11:00 AM-12:00 PM

KNITTING AND CROCHETING

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

Anne Gordon Center for Active Adults

Course Fee: \$10

#215256 Jan 9-Feb 27 Tu 2:00 PM-4:00 PM

#215257 Mar 6-Apr 24 Tu 2:00 PM-4:00 PM

#215258 Jan 11-Mar 1 Th 2:00 PM-4:00 PM

#215259 Mar 8-Apr 26 Th 2:00 PM-4:00 PM

LANDSCAPE INTO ART

Learn about art history through the lens of landscape with a combination of lecture, observation, drawing, and watercolor exercises. This overview of the history of landscape painting is a unique introduction to painting and understanding the human relation to landscape. Each class will start with a slide lecture followed by in-class and at-home drawing or watercolor exercises. It's helpful to have a basic understanding of drawing and a water-based medium but all experience levels are welcome. Materials are provided for first class with a list of recommended supplies and supplemental guides. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults

Course Fee: \$35

#218168 Mar 6-Apr 24 Tu 9:15 AM-12:15 PM

Five Points Center for Active Adults

Course Fee: \$35

#218169 Mar 6-Apr 24 Tu 2:00 PM-5:00 PM

QUILTING - INTERMEDIATE

This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Bringing your own sewing machine is required. Each session will have a main design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. For more information, please call 919-996-4720. Instructor: Martha Killian.

Anne Gordon Center for Active Adults

Course Fee: \$15

#215260 Jan 22-Mar 26 M 1:00 PM-4:00 PM

READERS THEATRE

Readers Theatre is much like radio: The script is read (no memorizing) and the story comes alive through the words of the author and the tone, pitch and emotion of the actors' voices. Minimal props and costumes may be used to enhance the story but are not required. Scripts include formal published plays and readings from noted authors. No previous acting experience is required. Plays may be performed before an audience of family and friends.

Five Points Center for Active Adults

Course Fee: \$0

#214322 Jan 8-Apr 23 2nd/4th M 3:30 PM-5:30 PM



COMPUTER CLASSES

COMPUTER BASICS 1

Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants to create and save short documents. Students will also be introduced to the basics of Internet usage, creating a GMAIL email account, sending and receiving messages, uploading and downloading attachments/photos. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults Course Fee: \$10
#216624 Feb 7-14 W 10:00 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$10
#216547 Feb 13-20 Tu 2:00 PM-3:30 PM

COMPUTER BASICS 2

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. The student will learn the basics of Windows 10 as well as how to use the different features of functions. You will learn how to enter/edit text in Microsoft Word and to save/retrieve data files. This class is intended for those who have some knowledge of using a computer, but may not be familiar with the Windows 10 operating system. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults Course Fee: \$10
#217843 Feb 21-28 W 10:00 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$10
#217842 Mar 6-13 Tu 9:30 AM-11:00 AM

GOOGLE APPLICATIONS OVERVIEW

Prerequisite: 'Computer Skills 1' or equivalent. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Calendar, and others. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults Course Fee: \$10
#216671 Mar 7-14 W 10:00 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$10
#216670 Mar 20-27 Tu 2:00 PM-3:30 PM

GOOGLE CHROME INTRO

Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome. Please bring your personal laptop to the workshop. If you do not have a laptop, one will be provided. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults Course Fee: \$5
#217736 Mar 21-28 W 10:00 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$5
#217735 Apr 3-10 Tu 9:30 AM-11:00 AM

GOOGLE PHOTOS INTRO

Prerequisite: 'Computer Basics 1' or equivalent. Class will learn basic photo editing and photo sharing using the Google Photos app. This app can be used on most devices. Class will be using computers that have the Windows 10 operating system. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults Course Fee: \$10
#217738 Apr 4-11 W 10:00 AM-11:30 AM

Five Points Center for Active Adults Course Fee: \$10
#217737 Apr 17-24 Tu 9:30 AM-11:00 AM

ICLOUD BASICS FOR IPAD/IPHONE

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad and your Apple ID and password. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set up an account and use the iCloud. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults Course Fee: \$5
#217838 Jan 22 M 2:00 PM-4:00 PM

Five Points Center for Active Adults Course Fee: \$5
#217839 Jan 23 Tu 2:00 PM-4:00 PM

Please be sure to read course prerequisite in the course description to be sure that you are registering for the appropriate level class.

COMPUTER CLASSES

INTRODUCING SIRI - YOUR PERSONAL ASSISTANT FOR IPAD/IPHONE

Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your iPhone or iPad and your Apple ID and password. Wished you had a personal assistant to remind you to do something at a certain time or when you arrive at a certain place? Now you can! Get to know Siri, your personal assistant on your Apple device. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$5
#217840	Jan 24 W	10:00 AM-12:00 PM
Five Points Center for Active Adults		Course Fee: \$5
#217841	Jan 25 Th	10:00 AM-12:00 PM

IPAD BASICS 3

Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad and your Apple ID and password. Learn how to search and download the great variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$5
#217819	Jan 18 Th	10:00 AM-12:00 PM
Five Points Center for Active Adults		Course Fee: \$5
#217837	Jan 16 Tu	10:00 AM-12:00 PM

IPAD/IPHONE BASICS 1

Introduction to the basics of owning an iPhone and an iPad. Must bring: Your own iPhone/iPad and your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$5
#217739	Jan 8 M	2:00 PM-4:00 PM
Five Points Center for Active Adults		Course Fee: \$5
#217740	Jan 9 Tu	2:00 PM-4:00 PM

IPHONE 2: BASIC SETUP AND USE

Prerequisite: Must bring: Bring your own iPhone as well as your Apple ID and Password. You will learn basic set up, making simple phone calls, and advanced features such as iHealth, Notification, Cellular Data usage and the DO NOT DISTURB feature. Check out the popular apps such as Safari, Mail, Contact, Calendar, Maps, and Weather that truly make the iPhone a 'Smartphone'. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults		Course Fee: \$5
#217743	Jan 10 W	10:00 AM-12:00 PM
Five Points Center for Active Adults		Course Fee: \$5
#217744	Jan 11 Th	10:00 AM-12:00 PM



EDUCATIONAL CLASSES

ADVANCED TELEPHONE COMMUNICATIONS FOR THOSE W/HEARING LOSS

Learn about a federal program that offers free captioning and amplified phones for individuals with any form of hearing loss. According to the Hearing Loss Association of America, one in every three people at age 65 has hearing loss. Title IV of the Americans with Disabilities Act of 1990 requires a person with any form of hearing loss to be able to communicate with other telephone users in a manner that is functionally equivalent to voice communications service. Learn more about this cost-free phone and service as well as how it may benefit you.

Anne Gordon Center for Active Adults	Course Fee: \$0
#215564 Mar 22 Th 11:15 AM-12:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#215565 Mar 13 T 10:15 AM-11:00 AM	

FINANCE: ESTATE PLANNING

Tom McCuiston from McCuiston Law Offices, PLLC, discusses documents needed in estate planning such as powers of attorney, trust, wills and living wills and the consequences of having or not having these documents. Topics include: tax consequences of not having a will, creating trusts and why they may be helpful, responsibilities of designated power of attorney, property transfer and the consequences of not having a will. Sponsored by McCuiston Law Firm.

Five Points Center for Active Adults	Course Fee: \$0
#215529 Feb 6 Tu 1:00 PM-2:00 PM	

FINANCE: MEDICARE 101

The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

Anne Gordon Center for Active Adults	Course Fee: \$0
#215570 Feb 22 Th 1:00 PM-3:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#215571 Feb 13 Tu 10:00 AM-12:00 PM	
#215572 Mar 15 Th 2:00 PM-3:00 PM	

FINANCE: SOCIAL SECURITY STRATEGIES FOR RETIREMENT

This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken and how taxes are best handled. Presented by Edward Jones Investments and Resources for Seniors.

Anne Gordon Center for Active Adults	Course Fee: \$0
#215538 Feb 8 Th 1:00 PM-2:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#215539 Mar 20 Tu 2:00 PM-3:00 PM	

FINANCE: THE TRUTH ABOUT REVERSE MORTGAGES

Learn about the new reverse mortgage with examples from real life scenarios. Topics include home equity conversion mortgage or HECM, myths about reverse mortgages and qualifications for a reverse mortgage. Learn why one may choose a reverse mortgage and the available options. Sponsored by Yakin Bank Mortgage and Resources for Seniors.

Anne Gordon Center for Active Adults	Course Fee: \$0
#215534 Mar 15 Th 2:00 PM-3:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#215535 Mar 13 Tu 3:00 PM-4:00 PM	

FINANCE: UNDERSTANDING BENEFICIARY DESIGNATIONS

There are many ways to pass on an inheritance other than a will or trust. Find out about inheritance-related issues when it comes to insurance, 401(k) and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death' (POD) designations.

Anne Gordon Center for Active Adults	Course Fee: \$0
#215552 Feb 15 Th 1:00 PM-2:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#215553 Feb 6 Tu 2:00 PM-3:00 PM	

FINANCE: UNDERSTANDING LONG- AND SHORT-TERM CARE OPTIONS

Medicare does not cover long-term care. If you needed care, would you prefer it be at home? Could you afford care at a facility at \$7,000 a month? Do you understand your VA options? You have choices. This program will discuss all concerns and options for both long-term and short-term care. We look forward to addressing all your concerns. Program is sponsored by Bankers Life.

Anne Gordon Center for Active Adults	Course Fee: \$0
#215554 Mar 13 Tu 3:00 PM-4:00 PM	
Five Points Center for Active Adults	Course Fee: \$0
#215555 Jan 29 M 6:00 PM-7:00 PM	
#215556 Feb 13 Tu 2:00 PM-3:00 PM	

EDUCATIONAL CLASSES

FINANCE: UNDERSTANDING VETERANS' AID AND ASSISTANCE BENEFITS

A veterans benefit pays between \$1,000 and \$2,000 per month tax-free toward the cost of long-term care, including skilled nursing, assisted living and in-home professional care. War-time veterans should learn how to qualify and how to use the benefit.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#215558	Jan 18	Th	2:00 PM-3:00 PM
#215559	Apr 26	Th	1:00 PM-2:00 PM
Five Points Center for Active Adults		Course Fee: \$0	
#215560	Jan 16	Tu	1:00 PM-2:00 PM
#215561	Apr 10	Tu	1:00 PM-2:00 PM

FINANCE: WEALTH MANAGEMENT STRATEGIES FOR WOMEN

Carla Liberatore, a wealth management adviser, will provide guidelines for effective retirement planning and investing to women who are financially comfortable but may feel left out of the conversation about their ongoing financial well-being. The workshop will include a discussion of the key financial planning and investing issues for women age 50 and up and a helpful question-and-answer time. Sponsored by Merrill Lynch.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#215562	Feb 1	Th	1:00 PM-2:00 PM
Five Points Center for Active Adults		Course Fee: \$0	
#215563	Jan 23	Tu	2:00 PM-3:00 PM

FIVE WISHES

This program is designed to help you express your personal, emotional and spiritual needs as you plan for the future. It helps you decide how you wish to be treated if you become seriously ill and select the person you want to make your health care decisions in the event you are unable. The program was written with the help of the American Bar Association's Commission on Law and Aging. It is sponsored by Liberty Hospice Services and Resources for Seniors.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#215568	Mar 1	Th	1:00 PM-2:00 PM
Five Points Center for Active Adults		Course Fee: \$0	
#215569	Feb 27	Tu	1:00 PM-2:00 PM

HEALTH TOPIC: AGING AND THE BRAIN

What are the emotional and cognitive changes in the brain that accompany healthy aging? Join us for an informative presentation by Sharon Kilpatrick, MPA and geriatric care manager, about what cognitive changes occur as we age, what we can do to minimize these changes and what diseases and external factors may impact our emotional and cognitive well-being. Sponsored by Always Best Care Senior Services and Resources for Seniors.

Five Points Center for Active Adults		Course Fee: \$0	
#215596	Mar 27	Tu	1:00 PM-2:00 PM

HEALTH TOPIC: BLOOD PRESSURE SCREENING

Take advantage of the free blood pressure screenings offered by Dr. Casey Baldwin with Resources for Seniors or Jeanne Caron-Mimm, RN with Perpetual Home Care.

Five Points Center for Active Adults		Course Fee: \$0	
#215597	Jan 2-Apr 16	1st Tu, 3rd M	9:30 AM-10:15 AM

HEALTH TOPIC: CHRONIC PAIN SELF- MANAGEMENT

This evidence-based course, reviewed by Stanford University and health professionals, gives you tips, helpful suggestions and concrete strategies to maintain your health and manage your pain.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#215599	Mar 22-Apr 26	Th	2:00 PM-4:30 PM

HEALTH TOPIC: HEALTH TALKS WITH DR. BALDWIN

Dr. Casey Baldwin, RFS senior care pharmacist, will be on site each month to discuss an important health topic for older adults.

Cosponsor: Resources for Seniors

Five Points Center for Active Adults		Course Fee: \$0	
#215598	Jan 2-Apr 3	Tu	10:15 AM-11:15 AM

HEALTH TOPIC: PARKINSON'S DISEASE DIALOGUE

Are you living actively in the early stages of Parkinson's disease? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of Parkinson's disease-related healthcare by exchanging information, choosing topics for discussion and sharing the collective wisdom. Group meets on the last Friday of each month.

Five Points Center for Active Adults		Course Fee: \$0	
#215602	Jan 26-Apr 27	4th F	1:30 PM-3:00 PM

HEALTH TOPIC: SHOULDER ACHES AND PAINS, WHEN TO SEE THE DOCTOR

Dr. David Dare from Raleigh Orthopaedic Clinic will talk about common shoulder conditions and both nonsurgical and surgical treatments. He will discuss the benefits of physical therapy and how to avoid injury. Topics will include: Sprains, strains, dislocations, separations tendinitis, bursitis, torn rotator cuff, broken shoulder, fractures and arthritis. Sponsored by Raleigh Orthopaedic Clinic and Resource for Seniors.

Five Points Center for Active Adults	Course Fee: \$0
#219223 Apr 12 Th	6:00 PM-7:00 PM

IF NOT HOME, WHERE THEN?

This seminar will help people evaluating a possible move from their home to independent or assisted living. The seminar's featured speakers will be Gina Murray, RN, BSN and director of Aware Senior Care, providing in-home care for seniors and the chronically ill and a geriatric care advocate. Gina will present signs that perhaps home is no longer the best place to live followed by a geriatric advocate who will present the various options outside the home such as independent living, assisted living, continuous care retirement communities, and residential home care. You will learn things to consider and evaluate in terms of where to live and leave with an understanding of the various living options commutes provide and the costs.

Anne Gordon Center for Active Adults	Course Fee: \$0
#215566 Feb 1 Th	11:15 AM-12:15 PM

Five Points Center for Active Adults	Course Fee: \$0
#215567 Jan 30 Tu	10:15 AM-11:15 AM

LEGAL: IMPORTANT DOCUMENTS EVERYONE SHOULD HAVE

Learn what core documents make up the foundation of a good estate plan - you need more than a will! Presented by Resources for Seniors.

Anne Gordon Center for Active Adults	Course Fee: \$0
#215532 Feb 8 Th	1:00 PM-2:00 PM

Five Points Center for Active Adults	Course Fee: \$0
#215533 Mar 20 Tu	1:00 PM-2:00 PM

LUNCH AND LEARN

This quarterly series of educational meetings is designed to inform, educate and answer questions related to healthy living and well being. Bring your lunch, beverages and snacks are provided. Pre-registration is required. Sponsored by Resources for Seniors, the Center for Volunteer Caregiving and Wake County CR.

Five Points Center for Active Adults	Course Fee: \$0
#219219 Mar 13 Tu	1:00 PM- 2:30 PM

MOVE WELL AT HOME

This seminar will provide helpful information and education about improving and maintaining your mobility and balance to increase your ability to live well in your home for as long as possible. The seminar will feature a demonstration and take-home exercises. Presented by Aware Senior Care.

Five Points Center for Active Adults	Course Fee: \$0
#215584 Apr 12 Th	1:00 PM-2:00 PM

MUSIC THERAPY FOR PARKINSON'S DISEASE

Music Therapy for Parkinson's Disease, or MT4PD, is a community-based music therapy group that meets weekly for 45-minute sessions. Funded through a grant from the National Parkinson Foundation, these free sessions will consist of exercises designed by a board-certified music therapist focused on stabilizing or improving speech and language deficits that arise from the progression of Parkinson's disease. MT4PD offers a fun and inviting way for individuals with Parkinson's disease and their caregivers to connect with other members of the Parkinson's community while addressing their individual rehabilitation needs. Prior musical experience not required. For more information, please contact Allison Hingley at 919-443-9448 or allison@atlanticmusictherapy.com.

Five Points Center for Active Adults	Course Fee: \$0
#213256 Jan 11-Mar 15 Th	4:15 PM-5:15 PM
#215604 Apr 12-Jun 14 Th	4:15 PM-5:00 PM

NOGGIN JOGGIN'

Brain training that targets memory, attention and focus may lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games aim to stave off dementia, strengthen critical thinking skills and promote brain health. Join us monthly in a variety of brain-stimulating activities to keep our brains active. Sponsored by Resources for Seniors and Homewatch Caregiving.

Anne Gordon Center for Active Adults	Course Fee: \$0
#215600 Feb 5-Apr 16 1st/3rd M	1:30 PM-2:30 PM

ONE-ON-ONE CAREGIVER SUPPORT OR GRIEF COUNSELING

Are you the primary caregiver for a loved-one, family member or friend and are you looking for support and ways to enhance your caregiving? Kristin Lassiter will provide you with one-on-one counseling to help you in this journey. Have you recently experienced the loss of a loved-one, family member, friend or employment? Maybe you are challenged by a recent medical diagnosis or the move to a new location. Kristin can help you in this journey. Make an appointment to meet with Kristin and learn ways to manage the challenges of caregiving or adjusting to a loss. This free service is sponsored by Heartland Hospice and Resources for Seniors, Inc.

Five Points Center for Active Adults	Course Fee: \$0
#215585 Feb 19-Apr 16 M	2:00 PM-3:45 PM

PATH TO PEACE: HEALING OUR GRIEF

This is a small group that meets four times over the course of one month. With the support of professionals from Heartland Hospice and Resources for Seniors, you will find support and a discussion outlet on topics such as understanding the grief process, making life adjustments and carrying on without your loved one. There is no fee, but registration is required in advance and participants are asked to commit to the entire four-week class in order to foster trusting relationships within the group.

Anne Gordon Center for Active Adults	Course Fee: \$0
#215587 Feb 8-Mar 15 Th	11:15 AM-12:15 PM

EDUCATIONAL PROGRAMS

PREVENTING EMAIL SCAMS AND MALWARE

Brian Reitter, NC Consumer Council Public Affairs Director will educate us on the dangers and potential consequences of the most frequent and popular Email SCAMS and Malware. He will focus on how to identify and protect ourselves and our contacts from becoming prey to computer SCAMS. Sponsored by NC Consumer Council and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
Feb 20 Tu 10:15 AM-11:15 AM

QUESTIONS ACROSS THE SPECTRUM DISCUSSION GROUP

Participants will view videos from TED.com, upworthy.com and similar websites on a variety of topics, including nature, leisure, aging, compassion, intervention and science. A back-and-forth exchange of views will deepen understanding of questions and issues raised by living in a complex world. Preregistration is required.

Five Points Center for Active Adults Course Fee: \$0
#214321 Feb 5-Apr 16 1st M 3:30 PM-5:00 PM

RESOURCES FOR SENIORS: WHO ARE WE AND HOW WE CAN HELP

Resources for Seniors will provide a detailed overview of its agency and the many resources that can be valuable to you or your loved ones.

Anne Gordon Center for Active Adults Course Fee: \$0
#215588 Jan 25 Th 11:15 AM-12:15 PM

Five Points Center for Active Adults Course Fee: \$0
#215589 Jan 25 Th 1:00 PM-2:00 PM

RESTORATIVE WRITING

Restorative writing is a unique tool that has the potential for powerful and dramatic outcomes, even for those who do not normally consider themselves writers. This program was developed with the help of local author Carol Henderson. Join us for an opportunity to explore our deepest feelings in a safe environment. Through writing, we will gently probe, reflect, remember and reconsider. We will honor our loved ones, reimagine our lives now and discover inner resources we had no idea were within us. Lunch will be provided. Preregistration is required. Presented by Heartland Hospice and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#215590 Mar 5-19 M 6:00 PM-7:15 PM

ROULETTE OF LIVING OPTIONS AND CARE

Your living and care options in the future should not depend on chance. There are many possibilities to "aging in place." Learn about the different levels and choices in living options for retirement, the different types of care and who pays. Sponsored by Homewatch Care

Givers and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
Mar 14 W 1:00 PM-2:00 PM

Five Points Center for Active Adults Course Fee: \$0
Feb 26 M 2:00 PM-3:00 PM

SHIIP COUNSELING APPOINTMENTS

These one-on-one appointments with the Seniors' Health Insurance Information Program (SHIIP) will help you understand your Medicare options. The trained SHIIP volunteer will help you identify Medicare health and drug plans that best meet your needs. You must preregister for a one-hour appointment. Please bring your Medicare card and a list of prescriptions you are currently taking.

Anne Gordon Center for Active Adults Course Fee: \$0
#215592 Jan 8-Apr 30 M 9:30 AM-4:00 PM

Five Points Center for Active Adults Course Fee: \$0
#215593 Jan 3-May 3 W-Th 1:30 PM-4:30 PM

SPRING FORWARD, ENSURING SAFETY AT HOME

Its springtime and a good time to assess our environment while tidying up our homes. Among people over age 50, 89% want to remain in their homes indefinitely. Join us to discuss ways to ensure safety in aging and increase the odds of staying at home. Topics range from natural changes in aging to identifying cognitive changes, assessing your home environment, preventing falls and managing medications. Presented by Always Best Care Senior Services.

Five Points Center for Active Adults Course Fee: \$0
#215603 Mar 15 Th 1:00 PM-2:00 PM

Are you interested in teaching a class? Do you have a skill that you are interested in sharing with others? The Adult Program is always interested in new program ideas. We would love to hear your ideas!

FITNESS CLASSES

60 SECONDS TO GOOD HEALTH

Eat lunch later – exercise now! This lunchtime class features interval training to improve muscle strength and take your fitness to a higher level. All it takes is 60 seconds! Instructor: Raquel Robinson

Five Points Center for Active Adults			Course Fee: \$8
#213495	Jan 8-29	M	10:15 AM-11:00 AM
#213496	Feb 5-26	M	10:15 AM-11:00 AM
#213497	Mar 5-26	M	10:15 AM-11:00 AM
#213498	Apr 2-30	M	10:15 AM-11:00 AM

AEROBIC FIT

This Active Adult intermediate level class is designed to be fun, challenging and calorie burning! It is perfect for participants who want an energizing activity and who do not need the assistance of a chair. This class includes continuous low-impact aerobic choreography, smooth transitions and sequenced movement repetitions. The class may include mats, weights, resistance bands and small medicine balls.

Anne Gordon Center for Active Adults			Course Fee: \$8
#215168	Jan 2-30	Tu	10:15 AM-11:00 AM
#215169	Feb 6-27	Tu	10:15 AM-11:00 AM
#215170	Mar 6-27	Tu	10:15 AM-11:00 AM
#215171	Apr 3-24	Tu	10:15 AM-11:00 AM
#215172	Jan 4-25	Th	10:15 AM-11:00 AM
#215173	Feb 1-22	Th	10:15 AM-11:00 AM
#215174	Mar 1-29	Th	10:15 AM-11:00 AM
#215175	Apr 5-26	Th	10:15 AM-11:00 AM

AGELESS GRACE

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information. Instructor: Missy Atkinson

Anne Gordon Center for Active			Course Fee: \$8
#213509	Jan 2-30	Tu	2:00 PM-2:45 PM
#213510	Feb 6-27	Tu	2:00 PM-2:45 PM
#213511	Mar 6-27	Tu	2:00 PM-2:45 PM
#213512	Apr 3-24	Tu	2:00 PM-2:45 PM

Five Points Center for Active Adults			Course Fee: \$8
#213513	Jan 8-29	M	9:30 AM-10:15 AM
#213514	Feb 5-26	M	9:30 AM-10:15 AM
#213515	Mar 5-26	M	9:30 AM-10:15 AM
#213516	Apr 2-30	M	9:30 AM-10:15 AM

Walnut Terrace Neighborhood Center			Course Fee: \$0
#213517	Jan 2-30	Tu	12:00 PM-12:45 PM
#213518	Feb 6-27	Tu	12:00 PM-12:45 PM
#213519	Mar 6-27	Tu	12:00 PM-12:45 PM
#213520	Apr 3-24	Tu	12:00 PM-12:45 PM

BALANCE AND POSTURE

This class consists of 45 minutes of balance work using a chair for stability. Exercises are designed to improve posture, balance, and strengthen the feet, ankles, legs, and core. Instructor: Sue Payne

Five Points Center for Active Adults			Course Fee: \$8
#219142	Jan 3-31	W	2:15 PM-3:00 PM
#219143	Feb 7-28	W	2:15 PM-3:00 PM
#219144	Mar 7-28	W	2:15 PM-3:00 PM
#219145	Apr 4-25	W	2:15 PM-3:00 PM

BALANCE AND STRENGTH FOUNDATIONS

A series of balance and strength exercises will be used to help improve balance and core strength. Exercises may be done both sitting in a chair and standing with support. Instructor: Sue Payne

Five Points Center for Active Adults			Course Fee: \$8
#213521	Jan 2-30	Tu	10:15 AM-11:00 AM
#213522	Feb 6-27	Tu	10:15 AM-11:00 AM
#213523	Mar 6-27	Tu	10:15 AM-11:00 AM
#213524	Apr 3-May 1	Tu	10:15 AM-11:00 AM
#213525	Jan 4-25	Th	11:15 AM-12:00 PM
#213526	Feb 1-22	Th	11:15 AM-12:00 PM
#213527	Mar 1-29	Th	11:15 AM-12:00 PM
#213528	Apr 5-26	Th	11:15 AM-12:00 PM



FITNESS CLASSES

BENEFITNESS

Strengthen your muscles and improve your range of motion, balance, flexibility and strength through low-impact aerobics, stretching and light weights. Come and enjoy the BeneFitness of exercise! There is no preregistration for this class; the first 30 people to sign the roster may participate each day. Instructor: Bill Unger.

Five Points Center for Active Adults Course Fee: \$0
#213529 Jan 2-Apr 26 Tu, Th 9:30 AM-10:00 AM

BOOTCAMP

Bootcamp classes are a great way to add variety, style and intensity to your workouts. Challenge yourself with 45 minutes of strength and endurance training. Be prepared to sweat in this class, and bring a towel! This is an intermediate/advanced level class. Instructor: Sue Payne

Five Points Center for Active Adults Course Fee: \$8
#213538 Jan 2-30 Tu 9:15 AM-10:00 AM
#213539 Feb 6-27 Tu 9:15 AM-10:00 AM
#213540 Mar 6-27 Tu 9:15 AM-10:00 AM
#213541 Apr 3-24 Tu 9:15 AM-10:00 AM
#213534 Jan 3-31 W 1:15 PM-2:00 PM
#213535 Feb 7-28 W 1:15 PM-2:00 PM
#213536 Mar 7-28 W 1:15 PM-2:00 PM
#213537 Apr 4-25 W 1:15 PM-2:00 PM

BOXING FOR FITNESS

This cardio-intensive class involves actual boxing work along with core and abdominal floor work. This class is great for overall muscle toning and fat burning. Please bring boxing gloves and mat.

Instructor: Sue Payne

Five Points Center for Active Course Fee: \$8
#213604 Jan 2-30 Tu 3:15 PM-4:00 PM
#213605 Feb 6-27 Tu 3:15 PM-4:00 PM
#213606 Mar 6-27 Tu 3:15 PM-4:00 PM
#213607 Apr 3-17 Tu 3:15 PM-4:00 PM

CARDIO SCULPT

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome.

Abbotts Creek Community Center Course Fee: \$8
Instructor: TBA

#215452 Jan 2-30 Tu 10:15 AM-11:00 AM
#215453 Feb 6-27 Tu 10:15 AM-11:00 AM
#215454 Mar 6-27 Tu 10:15 AM-11:00 AM
#215455 Apr 3-24 Tu 10:15 AM-11:00 AM
#215456 Jan 4-25 Th 9:30 AM-10:15 AM
#215457 Feb 1-22 Th 9:30 AM-10:15 AM
#215458 Mar 1-29 Th 9:30 AM-10:15 AM
#215459 Apr 5-26 Th 9:30 AM-10:15 AM

Five Points Center for Active Adults Course Fee: \$8
Instructor: Raquel Robinson

#213928 Jan 8-22 M 9:15 AM-10:00 AM
#213929 Feb 5-26 M 9:15 AM-10:00 AM
#213930 Mar 5-26 M 9:15 AM-10:00 AM
#213931 Apr 2-30 M 9:15 AM-10:00 AM

Instructor: Linda Thomas

#213932 Jan 2-30 Tu 10:15 AM-11:00 AM
#213933 Feb 6-27 Tu 10:15 AM-11:00 AM
#213934 Mar 6-27 Tu 10:15 AM-11:00 AM
#213935 Apr 3-24 Tu 10:15 AM-11:00 AM

Instructor: Sue Payne

#213936 Jan 3-31 W 10:15 AM-11:00 AM
#213937 Feb 7-28 W 10:15 AM-11:00 AM
#213938 Mar 7-28 W 10:15 AM-11:00 AM
#213939 Apr 4-25 W 10:15 AM-11:00 AM
#213940 Jan 3-24 W 11:15 AM-12:00 PM
#213941 Feb 7-28 W 11:15 AM-12:00 PM
#213942 Mar 7-28 W 11:15 AM-12:00 PM
#213943 Apr 4-25 W 11:15 AM-12:00 PM
#215177 Jan 4-25 Th 10:15 AM-11:00 AM
#215178 Feb 1-22 Th 10:15 AM-11:00 AM
#215179 Mar 1-29 Th 10:15 AM-11:00 AM
#215180 Apr 5-26 Th 10:15 AM-11:00 AM

The Adult Program classes are developed to meet the needs of adults age 50 and better, however an adult of any age may register for these programs.

CORE, BALANCE AND STRETCH

Participants will strengthen the abs and lower back while practicing balance and improving stability. Equipment will include stability balls, mats and foam rollers. Instructor: Sue Payne

Five Points Center for Active Adults			Course Fee: \$8
#213952	Jan 4-25	Th	9:15 AM-10:00 AM
#213953	Feb 1-22	Th	9:15 AM-10:00 AM
#213954	Mar 1-29	Th	9:15 AM-10:00 AM
#213955	Apr 5-26	Th	9:15 AM-10:00 AM

DANCE XROSS FITNESS

This is an intermediate to advanced level fitness class for our active adults centers. This fun, high-energy class is geared toward active older adults and combines dance fitness, with kickboxing moves, strength training and soul line dancing. Instructor: Linda Thomas

Anne Gordon Center for Active Adults			Course Fee: \$8
#213957	Jan 8-22	M	11:45 AM-12:45 PM
#213958	Feb 5-26	M	11:45 AM-12:45 PM
#213959	Mar 5-26	M	11:45 AM-12:45 PM
#213960	Apr 2-30	M	11:45 AM-12:45 PM

Five Points Center for Active Adults			Course Fee: \$8
#213961	Jan 2-30	Tu	11:00 AM-11:45 AM
#213962	Feb 6-27	Tu	11:00 AM-11:45 AM
#213963	Mar 6-27	Tu	11:00 AM-11:45 AM
#213964	Apr 3-24	Tu	11:00 AM-11:45 AM

FIVE POINTS FITNESS ROOM

Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape.

Five Points Center for Active Adults			Course Fee: \$0
#213965	Jan 2-Apr 30	M, Th	9:00 AM-9:00 PM
		Tu, W, F	9:00 AM-6:00 PM

FIVE POINTS FITNESS ROOM ORIENTATION

Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage.

Five Points Center for Active Adults			Course Fee: \$0
#213966	Jan 2-Apr 26	Tu, Th	9:00 AM-9:30 AM

FUNCTIONAL FITNESS FOR EVERYDAY LIVING

This class will offer a variety of functional free-weight and body weighted exercises that will help strengthen your upper body, lower body and core. This full-body workout will focus on muscle endurance and total body stability, which will help you do day-to-day activities with confidence. In this class, you will be encouraged to move at a slower pace to ensure that proper form is followed and you feel your workout.

Abbotts Creek Community Center			Course Fee: \$8
#215444	Jan 3-31	W	9:30 AM-10:15 AM
#215445	Feb 7-28	W	9:30 AM-10:15 AM
#215446	Mar 7-28	W	9:30 AM-10:15 AM
#215447	Apr 4-25	W	9:30 AM-10:15 AM
#215448	Jan 5-26	F	9:30 AM-10:15 AM
#215449	Feb 2-23	F	9:30 AM-10:15 AM
#215450	Mar 2-23	F	9:30 AM-10:15 AM
#215451	Apr 6-27	F	9:30 AM-10:15 AM

GENTLE STRETCH

In this 45-minute chair class, participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses.

Five Points Center for Active Adults			Course Fee: \$8
#213971	Jan 3-24	W	12:00 PM-12:45 PM
#213972	Feb 7-28	W	12:00 PM-12:45 PM
#213973	Mar 7-28	W	12:00 PM-12:45 PM
#213974	Apr 4-25	W	12:00 PM-12:45 PM



FITNESS CLASSES

LINE DANCE FOR ACTIVE ADULTS

Enjoy a fun workout while learning line dance steps. There is a class for every experience level!

Anne Gordon Center for Active Adults

Course Fee: \$0

Instructor: Cathy Dix

Introductory Level (For those with no line dance experience)

#213978	Jan 5-26	F	2:15 PM-3:15 PM
#213979	Feb 2-23	F	2:15 PM-3:15 PM
#213980	Mar 2-23	F	2:15 PM-3:15 PM
#213981	Apr 6-27	F	2:15 PM-3:15 PM

Beginner/Improver Level (For those with little line dance experience)

#213982	Jan 5-26	F	1:00 PM-2:00 PM
#213983	Feb 2-23	F	1:00 PM-2:00 PM
#213984	Mar 2-23	F	1:00 PM-2:00 PM
#213985	Apr 6-27	F	1:00 PM-2:00 PM

Five Points Center for Active Adults

Course Fee: \$0

Instructor: Mitzi Kelley

Beginner/Improver Level (For those with little line dance experience)

#213986	Jan 3-31	M, W	1:00 PM-2:00 PM
#213987	Feb 5-28	M, W	1:00 PM-2:00 PM
#213988	Mar 5-28	M, W	1:00 PM-2:00 PM
#213989	Apr 2-30	M, W	1:00 PM-2:00 PM

Intermediate Level (For those with more line dance experience)

#213990	Jan 3-31	M, W	2:00 PM-3:00 PM
#213991	Feb 5-28	M, W	2:00 PM-3:00 PM
#213992	Mar 5-28	M, W	2:00 PM-3:00 PM
#213993	Apr 2-30	M, W	2:00 PM-3:00 PM

LINE DANCE OPEN STUDIO

Join us for this fun and informal line dance open studio time. There is not an instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends!

Five Points Center for Active Adults

Course Fee: \$0

#213994	Jan 5-Apr 27	F	1:30 PM-3:00 PM
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Anne Gordon Center for Active Adults

Course Fee: \$8

#219771	Jan 8- Apr 30	M	4:00 PM-5:30 PM
#219772	Jan 2-Apr 24	Tu	4:00 PM-5:30 PM

MEN'S STRENGTH AND CONDITIONING

This class incorporates strength and cardio segments using dumbbells, medicine balls, resistance bands, and other equipment for a total body workout, designed for the male body. Instructor: Sue Payne

Five Points Center for Active

Course Fee: \$8

#214007	Jan 2-30	Tu	2:00 PM-2:45 PM
#214008	Feb 6-27	Tu	2:00 PM-2:45 PM
#214009	Mar 6-27	Tu	2:00 PM-2:45 PM
#214010	Apr 3-24	Tu	2:00 PM-2:45 PM
#214011	Jan 4-25	Th	12:00 PM-12:45 PM
#214012	Feb 1-22	Th	12:00 PM-12:45 PM
#214013	Mar 1-29	Th	12:00 PM-12:45 PM
#214014	Apr 5-26	Th	12:00 PM-12:45 PM

PERSONAL TRAINING SESSIONS

These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

Five Points Center for Active Adults

Course Fee: \$40/1-hr session

#214274	Jan 2-Apr 26	M-F	9:30 AM-5:30 PM
#214275	Jan 2-Apr 26	M-F	9:30 AM-5:30 PM



PILATES FOR ACTIVE ADULTS

Pilates takes a holistic approach to fitness and well-being. It stretches and strengthens the muscles while improving flexibility, core strength and balance. Modifications are shown for those with back, knee and neck issues. Participants must be able to get on a mat on the floor. Please bring your own mat.

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Marty Lamb

#214277	Jan 8-29	M	9:15 AM-10:00 AM
#214278	Feb 5-26	M	9:15 AM-10:00 AM
#214279	Mar 5-26	M	9:15 AM-10:00 AM
#214280	Apr 2-30	M	9:15 AM-10:00 AM

Instructor: Linda Lisko

#214281	Jan 8-29	M	5:30 PM-6:30 PM
#214282	Feb 5-26	M	5:30 PM-6:30 PM
#214283	Mar 5-26	M	5:30 PM-6:30 PM
#214284	Apr 2-30	M	5:30 PM-6:30 PM

Instructor: Danielle Jones

#214285	Jan 2-30	Tu	1:15 PM-2:15 PM
#214286	Feb 6-27	Tu	1:15 PM-2:15 PM
#214287	Mar 6-27	Tu	1:15 PM-2:15 PM
#214288	Apr 3-24	Tu	1:15 PM-2:15 PM

Instructor: Linda Lisko

#214289	Jan 3-31	W	10:30 AM-11:30 AM
#214290	Feb 7-28	W	10:30 AM-11:30 AM
#214291	Mar 7-28	W	10:30 AM-11:30 AM
#214292	Apr 4-25	W	10:30 AM-11:30 AM

Instructor: Marty Lamb

#214293	Jan 4-25	Th	12:00 PM-1:00 PM
#214294	Feb 1-22	Th	12:00 PM-1:00 PM
#214295	Mar 1-29	Th	12:00 PM-1:00 PM
#214296	Apr 5-19	Th	7:30 PM-8:30 PM
#214297	Jan 5-26	F	10:30 AM-11:30 AM
#214298	Feb 2-23	F	10:30 AM-11:30 AM
#214299	Mar 2-23	F	10:30 AM-11:30 AM
#214300	Apr 6-27	F	10:30 AM-11:30 AM

QI GONG

Learn the 24 simple movements of qigong (chee-gong), the ancient Chinese practice of meditation with movement, which is designed to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. This is a beginner level class.

Qigong for Joint Health is conducted both sitting and standing. We will practice guided visualization, simple motion, and balance exercises to improve strength and fluidity of movement to promote bone and joint health. This is a beginner level class. Instructor: Kathy Bundy.

Anne Gordon Center for Active Adults

Course Fee: \$8

Qi Gong

#214301	Jan 2-30	Tu	10:30 AM-11:15 AM
#214302	Feb 6-27	Tu	10:30 AM-11:15 AM
#214303	Mar 6-27	Tu	10:30 AM-11:15 AM
#214304	Apr 3-24	Tu	10:30 AM-11:15 AM
#214305	Jan 5-26	F	10:30 AM-11:15 AM
#214306	Feb 2-23	F	10:30 AM-11:15 AM
#214307	Mar 2-23	F	10:30 AM-11:15 AM
#214308	Apr 6-27	F	10:30 AM-11:15 AM

Qi Gong for Joint Health

#214309	Jan 5-26	F	11:30 AM-12:15 PM
#214310	Feb 2-23	F	11:30 AM-12:15 PM
#214311	Mar 2-23	F	11:30 AM-12:15 PM
#214312	Apr 6-27	F	11:30 AM-12:15 PM

Five Points Center for Active Adults

Course Fee: \$8

Qi Gong

#219152	Jan 2-30	Tu	9:15 AM-10:00 AM
#219153	Feb 6-27	Tu	9:15 AM-10:00 AM
#219154	Mar 6-27	Tu	9:15 AM-10:00 AM
#219155	Apr 3-24	Tu	9:15 AM-10:00 AM
#214313	Jan 5-26	F	9:15 AM-10:00 AM
#214314	Feb 2-23	F	9:15 AM-10:00 AM
#214315	Mar 2-23	F	9:15 AM-10:00 AM
#214316	Apr 6-27	F	9:15 AM-10:00 AM

Walnut Terrace Neighborhood Center

Course Fee: \$0

Qi Gong for Joint Health

#217712	Jan 8-29	M	11:30 AM-12:15 PM
#217713	Feb 5-26	M	11:30 AM-12:15 PM
#217714	Mar 5-26	M	11:30 AM-12:15 PM
#217715	Apr 2-30	M	11:30 AM-12:15 PM



FITNESS CLASSES

SENIORCISE

This class offers low-impact exercises geared toward adults age 50 and older. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights and aerobic activity.

Anne Gordon Center for Active Adults			Course Fee: \$8
#214323	Jan 2-30	Tu	9:15 AM-10:00 AM
#214324	Feb 6-27	Tu	9:15 AM-10:00 AM
#214325	Mar 6-27	Tu	9:15 AM-10:00 AM
#214326	Apr 3-24	Tu	9:15 AM-10:00 AM
#214327	Jan 4-25	Th	9:15 AM-10:00 AM
#214328	Feb 1-22	Th	9:15 AM-10:00 AM
#214329	Mar 1-29	Th	9:15 AM-10:00 AM
#214330	Apr 5-26	Th	9:15 AM-10:00 AM

Five Points Center for Active Adults			Course Fee: \$8
#214331	Jan 8-29	M	12:15 PM-1:00 PM
#214332	Feb 5-26	M	12:15 PM-1:00 PM
#214333	Mar 5-26	M	12:15 PM-1:00 PM
#214334	Apr 2-30	M	12:15 PM-1:00 PM

Instructor: Bill Unger

#214335	Jan 2-30	Tu	10:30 AM-11:15 AM
#214336	Feb 6-27	Tu	10:30 AM-11:15 AM
#214337	Mar 6-27	Tu	10:30 AM-11:15 AM
#214338	Apr 3-24	Tu	10:30 AM-11:15 AM
#214339	Jan 4-25	Th	10:30 AM-11:15 AM
#214340	Feb 1-22	Th	10:30 AM-11:15 AM
#214341	Mar 1-29	Th	10:30 AM-11:15 AM
#214342	Apr 5-26	Th	10:30 AM-11:15 AM

Greystone Community Center			Course Fee: \$8
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Instructor: Lauren Llewellyn

#214343	Jan 8-29	M	10:00 AM-10:45 AM
#214344	Feb 5-26	M	10:00 AM-10:45 AM
#214345	Mar 5-26	M	10:00 AM-10:45 AM
#214346	Apr 2-30	M	10:00 AM-10:45 AM
#214347	Jan 5-26	F	10:00 AM-10:45 AM
#214348	Feb 2-23	F	10:00 AM-10:45 AM
#214349	Mar 2-23	F	10:00 AM-10:45 AM
#214350	Apr 6-27	F	10:00 AM-10:45 AM

Lake Lynn Community Center			Course Fee: \$8
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Instructor: Lauren Llewellyn

#214351	Jan 2-30	Tu	9:00 AM-9:45 AM
#214352	Feb 6-27	Tu	9:00 AM-9:45 AM
#214353	Mar 6-27	Tu	9:00 AM-9:45 AM
#214354	Apr 3-24	Tu	9:00 AM-9:45 AM

#214355	Jan 4-25	Th	9:00 AM-9:45 AM
#214356	Feb 1-22	Th	9:00 AM-9:45 AM
#214357	Mar 1-29	Th	9:00 AM-9:45 AM
#214358	Apr 5-26	Th	9:00 AM-9:45 AM

Powell Drive Park

Instructor: Bill Unger

#214359	Jan 2-30	Tu	1:00 PM-1:45 PM
#214360	Feb 6-27	Tu	1:00 PM-1:45 PM
#214361	Mar 6-27	Tu	1:00 PM-1:45 PM
#214362	Apr 3-24	Tu	1:00 PM-1:45 PM
#214363	Jan 4-25	Th	1:00 PM-1:45 PM
#214364	Feb 1-22	Th	1:00 PM-1:45 PM
#214365	Mar 1-29	Th	1:00 PM-1:45 PM
#214366	Apr 5-26	Th	1:00 PM-1:45 PM

Tarboro Road Community Center

			Course Fee: \$0
#214367	Jan 3-31	W, F	10:00 AM-10:45 AM
#214368	Feb 2-28	F, W	10:00 AM-10:45 AM
#214369	Mar 2-28	F, W	10:00 AM-10:45 AM
#214370	Apr 4-27	W, F	10:00 AM-10:45 AM

SENIORS IN MOTION

This class includes stretching and flexibility movements, as well as low-impact cardio exercise, strength training with light weights and other toning elements. *Instructor: Bettie Ittenbach*

Laurel Hills Community Center			Course Fee: \$8
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#215436	Jan 3-31	W	10:15 AM-11:15 AM
#215437	Feb 7-28	W	10:15 AM-11:15 AM
#215438	Mar 7-28	W	10:15 AM-11:15 AM
#215439	Apr 4-25	W	10:15 AM-11:15 AM
#215440	Jan 5-26	F	10:15 AM-11:15 AM
#215441	Feb 2-23	F	10:15 AM-11:15 AM
#215442	Mar 2-23	F	10:15 AM-11:15 AM
#215443	Apr 6-27	F	10:15 AM-11:15 AM



SHIBASHI FOR ACTIVE ADULTS

Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how you can cultivate energy that results in improved health. As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief. Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life!

Anne Gordon Center for Active Adults			Course Fee: \$8
#215313	Jan 2-30	Tu	11:30 AM-12:30 PM
#215314	Feb 6-27	Tu	11:30 AM-12:30 PM
#215315	Mar 6-27	Tu	11:30 AM-12:30 PM
#215316	Apr 3-24	Tu	11:30 AM-12:30 PM

SILVER CARDIO

Classes start with basic warm-up moves, followed by 30 minutes of constant low-impact moves with a burst of fun moves, such as gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! This is an intermediate level class.

Instructor: Bettie Ittenbach

Five Points Center for Active Adults			Course Fee: \$8
#214458	Jan 4-25	Th	1:00 PM-1:45 PM
#214459	Feb 1-22	Th	1:00 PM-1:45 PM
#214460	Mar 1-29	Th	1:00 PM-1:45 PM
#214461	Apr 5-26	Th	1:00 PM-1:45 PM

TAI CHI CHIH

Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie

Five Points Center for Active Adults			Course Fee: \$8
<i>Beginner Level</i>			
#214463	Jan 8-29	M	10:30 AM-11:30 AM
#214464	Feb 5-26	M	10:30 AM-11:30 AM
#214465	Mar 5-26	M	10:30 AM-11:30 AM
#214466	Apr 2-30	M	10:30 AM-11:30 AM
<i>Intermediate Level</i>			
#214467	Jan 8-29	M	11:30 AM-12:30 PM
#214468	Feb 5-26	M	11:30 AM-12:30 PM
#214469	Mar 5-26	M	11:30 AM-12:30 PM
#214470	Apr 2-30	M	11:30 AM-12:30 PM

TAI CHI FOR ACTIVE ADULTS

Tai chi is a low-impact, slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Movements are modified by the instructor on an individual basis for safety and stability. Tai chi is an ancient form of movement that promotes health and improves coordination, balance and mental focus. Exercising the mind and body together increases self-confidence and mindfulness and creates better balance physically and mentally. Tai chi can also help reduce effects of many chronic conditions. Beginner Sun Style: The Sun Style 21 forms has easy-to-learn movements. Focus will be on balance and relaxation for a feeling of well-being, with the Monday class having the option to sit or use chair for support. Intermediate Sun Style: This is a continuation of the beginner class. This class will increase your endurance and your mental acuity. Learn to step with more agility and direction to increase your balance and coordination. Advanced Sun Style: This is a continuation of the intermediate class, progressing to 73 forms. This class will challenge your balance and concentration. Advanced Various Styles: This class will explore styles including the most popular Yang 24 forms, as well as some Chen style movements. Previous experience is required.

Anne Gordon Center for Active Adults			Course Fee: \$8
<i>Beginner Sun Style</i>			
#215226	Jan 8-29	M	1:00 PM-1:45 PM
#215227	Feb 5-26	M	1:00 PM-1:45 PM
#215228	Mar 5-26	M	1:00 PM-1:45 PM
#215229	Apr 2-30	M	1:00 PM-1:45 PM
#215206	Jan 4-25	Th	1:30 PM-2:15 PM
#215207	Feb 1-22	Th	1:30 PM-2:15 PM
#215208	Mar 1-29	Th	1:30 PM-2:15 PM
#215209	Apr 5-26	Th	1:30 PM-2:15 PM
<i>Intermediate Sun Style</i>			
#215218	Jan 8-29	M	2:00 PM-2:45 PM
#215219	Feb 5-26	M	2:00 PM-2:45 PM
#215220	Mar 5-26	M	2:00 PM-2:45 PM
#215221	Apr 2-30	M	2:00 PM-2:45 PM
#215214	Jan 4-25	Th	2:30 PM-3:15 PM
#215215	Feb 1-22	Th	2:30 PM-3:15 PM
#215216	Mar 1-29	Th	2:30 PM-3:15 PM
#215217	Apr 5-26	Th	2:30 PM-3:15 PM
<i>Advanced Sun Style</i>			
#215222	Jan 4-25	Th	12:30 PM-1:15 PM
#215223	Feb 1-22	Th	12:30 PM-1:15 PM
#215224	Mar 1-29	Th	12:30 PM-1:15 PM
#215225	Apr 5-26	Th	12:30 PM-1:15 PM
<i>Advanced Various Styles</i>			
#215210	Jan 8-29	M	3:00 PM-3:45 PM
#215211	Feb 5-26	M	3:00 PM-3:45 PM
#215212	Mar 5-26	M	3:00 PM-3:45 PM
#215213	Apr 2-30	M	3:00 PM-3:45 PM

FITNESS CLASSES

TOTAL BODY CONDITIONING

This class will strengthen your mind and body! Improve your quality of life by building strength and balance, which are essential to maintaining physical independence.

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Linda Lisko

#214476	Jan 8-22	M	6:45 PM-7:30 PM
#214477	Feb 5-26	M	6:45 PM-7:30 PM
#214478	Mar 5-26	M	6:45 PM-7:30 PM
#214479	Apr 2-30	M	6:45 PM-7:30 PM
#214484	Jan 3-31	W	9:15 AM-10:00 AM
#214485	Feb 7-28	W	9:15 AM-10:00 AM
#214486	Mar 7-28	W	9:15 AM-10:00 AM
#214487	Apr 4-25	W	9:15 AM-10:00 AM

Instructor: Sue Payne

#214480	Jan 2-30	Tu	1:00 PM-1:45 PM
#214481	Feb 6-27	Tu	1:00 PM-1:45 PM
#214482	Mar 6-27	Tu	1:00 PM-1:45 PM
#214483	Apr 3-24	Tu	1:00 PM-1:45 PM
#214488	Jan 4-25	Th	1:00 PM-1:45 PM
#214489	Feb 1-22	Th	1:00 PM-1:45 PM
#214490	Mar 1-29	Th	1:00 PM-1:45 PM
#214491	Apr 5-26	Th	1:00 PM-1:45 PM

TOTAL BODY TONING

Weight-bearing exercise is especially important as we age. This intermediate level class incorporates hand weights, resistance tubing and our own body weight to provide resistance, build strength and improve flexibility of the joints.

Five Points Center for Active Adults

Course Fee: \$8

Instructor: TBA

#214492	Jan 3-31	W	12:15 PM-1:00 PM
#214493	Feb 7-28	W	12:15 PM-1:00 PM
#214494	Mar 7-28	W	12:15 PM-1:00 PM
#214495	Apr 4-25	W	12:15 PM-1:00 PM
#214496	Jan 5-26	F	11:45 AM-12:30 PM
#214497	Feb 2-23	F	11:45 AM-12:30 PM
#214498	Mar 2-23	F	11:45 AM-12:30 PM
#214499	Apr 6-27	F	11:45 AM-12:30 PM

YOGA - CHAIR YOGA

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. Students should provide their own yoga mat.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Mary Flournoy

#214521	Jan 8-29	M	9:15 AM-10:15 AM
#214522	Feb 5-26	M	9:15 AM-10:15 AM
#214523	Mar 5-26	M	9:15 AM-10:15 AM
#214524	Apr 2-30	M	9:15 AM-10:15 AM
#214513	Jan 4-25	Th	10:30 AM-11:15 AM
#214514	Feb 1-22	Th	10:30 AM-11:15 AM
#214515	Mar 1-29	Th	10:30 AM-11:15 AM
#214516	Apr 5-26	Th	10:30 AM-11:15 AM
#219659	Jan 4-25	Th	11:30 AM-12:15 PM
#219660	Feb 1-22	Th	11:30 AM-12:15 PM
#219661	Mar 1-29	Th	11:30 AM-12:15 PM
#219662	Apr 5-26	Th	11:30 AM-12:15 PM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Rose Parli

#214505	Jan 2-30	Tu	11:30 AM-12:45 PM
#214506	Feb 6-27	Tu	11:30 AM-12:45 PM
#214507	Mar 6-27	Tu	11:30 AM-12:45 PM
#214508	Apr 3-24	Tu	11:30 AM-12:30 PM
#214509	Jan 4-25	Th	11:30 AM-12:45 PM
#214510	Feb 1-22	Th	11:30 AM-12:45 PM
#214511	Mar 1-29	Th	11:30 AM-12:45 PM
#214512	Apr 5-26	Th	11:30 AM-12:45 PM

Walnut Terrace Neighborhood Center

Course Fee: \$0

#217716	Jan 3-31	W	9:00 AM-9:45 AM
#217717	Feb 7-28	W	9:00 AM-9:45 AM
#217718	Mar 7-28	W	9:00 AM-9:45 AM
#217719	Apr 4-25	W	9:00 AM-9:45 AM

YOGA - GENTLE MAT YOGA

This class has been cancelled. The Anne Gordon Center will try to replace this class with an additional section of Yoga - Gentle Yoga for Beginners on Tuesdays at 12:30 PM. Please call 919-996- 4720 for more information.

YOGA: ADAPTIVE CHAIR YOGA

This class has been cancelled. The Anne Gordon Center will try replace this class with an additional section of Yoga - Chair Yoga on Thursday afternoons. Please call 919-996-4720 for more information.

YOGA: VINYASA YOGA FLOW

Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class will open with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat or towel.

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Sierra Luz

#214549	Jan 2-30	Tu	3:00 PM-4:00 PM
#214550	Feb 6-27	Tu	3:00 PM-4:00 PM
#214551	Mar 6-27	Tu	3:00 PM-4:00 PM
#214552	Apr 3-24	Tu	3:00 PM-4:00 PM

Instructor: Rose Parli

#214553	Jan 4-25	Th	7:15 PM-8:15 PM
#214554	Feb 1-22	Th	7:15 PM-8:15 PM
#214555	Mar 1-29	Th	7:15 PM-8:15 PM
#214556	Apr 5-26	Th	7:15 PM-8:15 PM

YOGA-GENTLE YOGA FOR BEGINNERS

This gentle approach to yoga is structured to accommodate students of all levels and physical abilities. The yoga poses and exercises will be done standing, sitting in a chair, leaning against the wall for support and using a floor mat. Each class incorporates yoga breathing exercises to help improve lung capacity and focus and a period of deep relaxation or meditation. This is a beginner level class.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Mary Fournoy

#214525	Jan 8-29	M	10:30 AM-11:30 AM
#214526	Feb 5-26	M	10:30 AM-11:30 AM
#214527	Mar 5-26	M	10:30 AM-11:30 AM
#214528	Apr 2-30	M	10:30 AM-11:30 AM
#214529	Jan 3-31	W	3:30 PM-4:30 PM
#214530	Feb 7-28	W	3:30 PM-4:30 PM
#214531	Mar 7-28	W	3:30 PM-4:30 PM
#214532	Apr 4-25	W	3:30 PM-4:30 PM
#214533	Jan 4-25	Th	9:15 AM-10:15 AM
#214534	Feb 1-22	Th	9:15 AM-10:15 AM
#214535	Mar 1-29	Th	9:15 AM-10:15 AM
#214536	Apr 5-26	Th	9:15 AM-10:15 AM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Kathryn Clarke

#214541	Jan 8-29	M	3:15 PM-4:15 PM
#214542	Feb 5-26	M	3:15 PM-4:15 PM
#214543	Mar 5-26	M	3:15 PM-4:15 PM
#214544	Apr 2-30	M	3:15 PM-4:15 PM

Instructor: Alda Biddell

#214545	Jan 3-31	W	3:15 PM-4:15 PM
#214546	Feb 7-28	W	3:15 PM-4:15 PM
#214547	Mar 7-28	W	3:15 PM-4:15 PM
#214548	Apr 4-25	W	3:15 PM-4:15 PM

Tarboro Road Community Center

Course Fee: \$0

#214537	Jan 3-31	W, F	11:00 AM-11:45 AM
#214538	Feb 2-28	W, F	11:00 AM-11:45 AM
#214539	Mar 2-28	W, F	11:00 AM-11:45 AM
#214540	Apr 4-27	W, F	11:00 AM-11:45 AM

ZUMBA GOLD®

Golden Zumba is known for zesty Latin and international music, easy-to-follow moves and an invigorating party-like atmosphere! This dance-fitness class feels friendly and, most of all, it's fun! This is an intermediate level class.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Maria Bolanz

#214557	Jan 2-30	Tu	9:15 AM-10:00 AM
#214558	Feb 6-27	Tu	9:15 AM-10:00 AM
#214559	Mar 6-27	Tu	9:15 AM-10:00 AM
#214560	Apr 3-24	Tu	9:15 AM-10:00 AM
#214561	Jan 4-25	Th	1:00 PM-1:45 PM
#214562	Feb 1-22	Th	1:00 PM-1:45 PM
#214563	Mar 1-29	Th	1:00 PM-1:45 PM
#214564	Apr 5-26	Th	1:00 PM-1:45 PM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Linda Thomas

#214565	Jan 2-30	Tu	12:15 PM-1:00 PM
#214566	Feb 6-27	Tu	12:00 PM-12:45 PM
#214567	Mar 6-27	Tu	12:00 PM-12:45 PM
#214568	Apr 3-24	Tu	12:00 PM-12:45 PM

Instructor: Maria Bolanz

#214569	Jan 5-26	F	1:00 PM-1:45 PM
#214570	Feb 2-23	F	1:00 PM-1:45 PM
#214571	Mar 2-23	F	1:00 PM-1:45 PM
#214572	Apr 6-27	F	1:00 PM-1:45 PM

ZUMBA GOLD® CHAIR

Seated classes are offered for people who have limited mobility, are recovering from injuries, are getting back to exercising again or have any other reason for not feeling ready to participate in a standing class. Come exercise to the beat of fun dance music. Benefits include improved posture, muscle strength, endurance, balance, flexibility, range of motion, mental awareness and ability to accomplish day-to-day activities. Instructor: Maria Bolanz.

Anne Gordon Center for Active Adults

Course Fee: \$8

#215252	Jan 2-30	Tu	1:00 PM-1:45 PM
#215253	Feb 6-27	Tu	1:00 PM-1:45 PM
#215254	Mar 6-27	Tu	1:00 PM-1:45 PM
#215255	Apr 3-24	Tu	1:00 PM-1:45 PM

continued on next column...

SOCIAL CLASSES

BINGO

This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All. Cost is \$1 for three cards or 50 cents per card.

Anne Gordon Center for Active Adults Course Fee: \$0
#215261 Jan 5-Apr 27 F 9:30 AM-12:00 PM

BRIDGE FOR ACTIVE ADULTS - OPEN PLAY

Join other bridge players for this open play program. All experience levels are welcome.

Five Points Center for Active Adults Course Fee: \$0
#213608 Jan 3-May 2 W 9:30 AM-12:30 PM
#213609 Jan 4-Apr 26 Th 10:00 AM-12:00 PM
#213610 Jan 5-Apr 27 F 12:30 PM-3:00 PM

CARDS AND MAHJONG OPEN PLAY

Want to play bridge, canasta, poker, mahjong or more with your friends? Have you not played in a while and want to freshen up your skills? This is an open play time for all. Bring your supplies or use

Anne Gordon Center for Active Adults Course Fee: \$0
#215262 Jan 2-Apr 24 Tu 12:30 PM-4:00 PM
#215263 Jan 3-Apr 25 W 1:00 PM-3:00 PM
#215264 Jan 5-Apr 27 F 12:30 PM-4:00 PM

CRIBBAGE OPEN PLAY

Join other cribbage players for an open play opportunity. Those who do not know the game will be taught how to play this card game for two or more players.

Five Points Center for Active Adults Course Fee: \$0
#215764 Jan 4-Apr 26 Th 2:00 PM-4:00 PM

INTERMEDIATE BRIDGE AND GAME DAY

Join your fellow game players for intermediate bridge, canasta, dominoes and board games. Bring your own games to share with the group if you wish.

Five Points Center for Active Adults Course Fee: \$0
#213975 Jan 8-Apr 30 M 1:00 PM-4:00 PM

MAHJONG

Mahjong is a tile game that can be traced back to the 1800s. A growing number of people are realizing the intellectual challenge mah jongg poses and the beauty and excitement of the game itself.

Five Points Center for Active Adults Course Fee: \$0

Beginner Level

#213997 Jan 4-25 Th 2:00 PM-4:00 PM

Intermediate Level

#213999 Feb 1-22 Th 2:00 PM-4:00 PM

Open Play

#214001 Jan 4-Apr 26 Th 2:00 PM-4:00 PM

#214003 Jan 5-Apr 27 F 12:30 PM-3:30 PM

Greystone Community Center Course Fee: \$0

Beginner Level

#213998 Feb 5 M 2:00 PM-4:00 PM

Intermediate Level

#214000 Mar 5 M 2:00 PM-4:00 PM

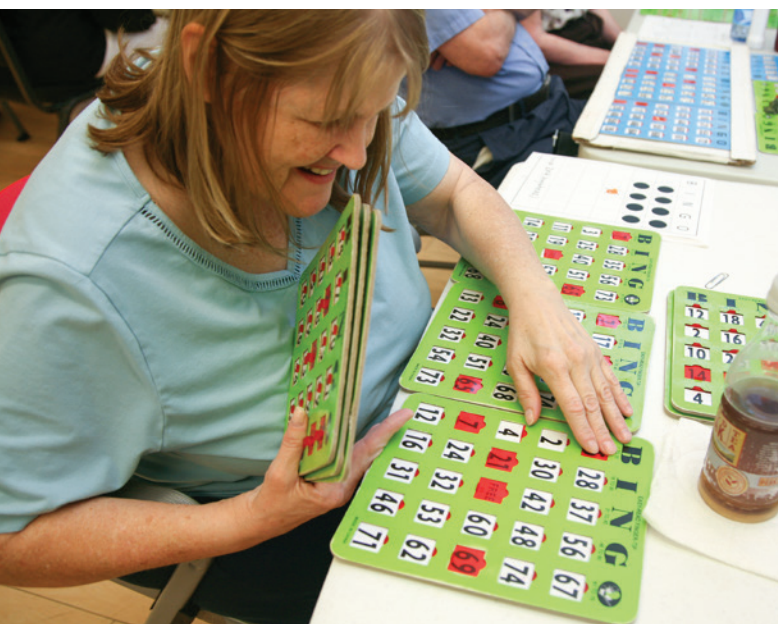
Open Play

#214002 Apr 2 M 2:00 PM-4:00 PM

MEN'S MONDAY MORNINGS

Men, are you looking for a place to hang out, play some games and socialize that is for guys only? Men's Monday Mornings is just what you are looking for. Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also possibilities. Or just pop in for a visit.

Anne Gordon Center for Active Adults Course Fee: \$0
#215265 Jan 8-Apr 30 M 9:00 AM-12:00 PM



READ AND GO DISCUSSIONS

This is a book club with a twist. We read books written by NC authors or books based in NC. A trip is then offered and based on the book. The authors are involved in either the book discussion, planning and/or going on the trip. Due to the popularity of this program, pre-registration is required for each book discussion.

Anne Gordon Center for Active Adults Course Fee: \$0

A Bridge apart, by Joey Jones

#219156 Feb 26 M 1:00 PM-3:00 PM

Besieged by A. J. Tata

#219157 Mar 26 M 1:00 PM-3:00 PM

Miss Julia Paints the Town by Ann B. Ross

#219158 Apr 23 M 1:00 PM-3:00 PM

Lies and Other Acts of Love by Kristy Woodson Harvey

#219169 May 7 M 1:00 PM-3:00 PM

READ AND WATCH DISCUSSIONS

Enjoy reading and watching movies? We have selected authors who have had movies created based on their books. Read the book, have a book discussion then watch the movie that is based on the book. Due to the popularity of this program, pre-registration is required for each book.

Anne Gordon Center for Active Adults Course Fee: \$0

The Zookeeper's Wife by Diane Ackerman

#203528 Jan 29 M 1:00 PM-3:00 PM

A Dog's Purpose by W. Bruce Cameron

#219161 Mar 12 M 1:00 PM-3:00 PM

The Devil in the White City by Erik Larson

#219162 May 14 M 1:00 PM-3:00 PM

The Mountain Between Us by Charles Martin

#219163 Oct 29 M 1:00 PM-3:00 PM

WEDNESDAY MOVIES AT THE ANNE GORDON CENTER

Join your friends to enjoy a recently released movie or a popular classic from the silver screen. Bring your own popcorn, snacks and drinks. We have a microwave available for your use. Items from the drink and candy machines cost \$1 each. The movies are free. You will be asked to sign in upon arrival.

Anne Gordon Center for Active Adults Course Fee: \$0

#215266 Jan 3-Apr 25 W 1:30 PM-4:00 PM



SPORTS PROGRAMS

PICKLEBALL OPEN PLAY

Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Five Points Center for Active Adults Course Fee: \$0
 #214276 Jan 2-Apr 24 Tu, F 3:00 PM-5:45 PM

PICKLEBALL WORKSHOPS

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two, three or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Experienced volunteer players offer free workshops to players of all levels, from beginners with new or minimal knowledge of the game and rules to intermediate players who have developed consistency in their serves and returns with the ability to direct the ball.

Five Points Center for Active Adults Course Fee: \$0
 #215489 Jan 5-Apr 27 F 9:00 AM-2:15 PM
Tarboro Road Community Center Course Fee: \$0
 #215490 Jan 4-Apr 26 Th 10:30 AM-2:00 PM

TABLE TENNIS FREE PLAY

Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults Course Fee: \$0
 #214462 Jan 4-Apr 26 Th 1:30 PM-3:30 PM



Don't miss out on Trip Fliers/registration forms. Sign up for MyRaleigh Subscription on the parks. raleighnc.gov website Keyword Search Adult Program. Click on the link located on the right hand side of the page.

GOLDEN YEARS CLUBS

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, speakers, and luncheons. Please contact the club leader for more information.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11am
Velma (919) 847-0775

Brier Creek Senior Club

Brier Creek Comm. Center
Tuesdays, 10am
Trina (984) 242-5884

Caraleigh Club

Caraleigh Comm. Clubhouse
Tuesdays, 10am
Mary Lou (919) 846-0492

Carolina Pines Club

Carolina Pines Comm. Center
2nd Wednesday, 10:30am
Tonya (919) 831-6435

Chavis Circle of Friends

John Chavis Community Cen.
4th Wednesday, 11am
Denise (919) 831-6989

Fellowship Club

West Raleigh Presbyterian Ch
2nd/4th Tuesday, 10am
Melvin (919) 851-3006

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10am
Jane (919) 872-3006

First Cosmopolitan Club

First Cosmopolitan Baptist Ch
3rd Wednesday, 1pm
Gene (919) 266-1222

G.E.M.S.

Watts Chapel
Wednesday after the 1st/3rd
Sunday, 10:30am
Gaynelle (919) 851-0869

Go-Getters Club

2nd/4th Thursday, 10am
Lauren (919) 612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11am
Carletta (919) 996-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Vallarie (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
Margie (919) 467-0572

Hedingham Hi-Milers

Willow Oak Clubhouse
2nd Tuesday, 10:00am
Lianne (919) 880-7409

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:30am
Judy (919) 834-3424

Lake Lynn Seniors

Lake Lynn Comm. Center
Tuesdays, 10am
Kathy (919) 349-8905

Lions Park Club

Lions Park Comm. Center
1st Wednesday, 10am
Christie (919) 831-6995

NRUMC—Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11am
Cletha (919) 847-5988

Parkview Manor

Parkview Manor Apartments
2nd Tuesday, 2:00pm
Juanita (919) 821-7728

Pullen Park Club

Pullen Park Comm. Center
Wednesdays, 10am
Jane (919) 785-1345

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45am
Susan (919) 870-0557

Roberts Park SR Club

Roberts Park Comm. Cntr
Tuesdays, 11am
Sherri (919) 831-6830

Snappy Seniors

Marsh Creek Comm. Center
1st and 3rd Monday, 10am
Dorothy (704) 928-6613

St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish
2nd/4th Wednesday, 12noon
Kathy (919) 848-1557

Happy Hearts

St. Joseph's Catholic Church
1st Tuesday, 12pm
4th Thursday Dinner
Connie (919) 418-3743

Smiling Age Club

Biltmore Hills Comm. Center
Tuesdays, 10am
Kenny (919) 831-6895

The Trailblazers

Mt. Pleasant Baptist Church
10720 Falls of the Neuse Rd
2nd Tuesday 10:30 am
Lizzie (919) 847-0831

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
Wed after the 2nd/4th Sun,
10:30am
Dee (919) 630-0320

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11am
Betty (919) 850-9191

Wakefield Villagers Club

Villages of Wakefield
2nd/4th Tuesday, 9am
Margaret (919) 556-9541

Worthdale Walkers Club

Worthdale Comm. Center
Thursdays, 11am
Carletta (919) 996-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10am
Brenda (919) 834-8170

1's Friday

Five Point Adult Center
1st Friday, 10am

*This information is not to be used
for solicitation purposes.*

ADULT PROGRAM TRIPS

The Adult Program offers a variety of day and multi-day trips throughout the year. Trips are geared towards those 50 years and better; however trips are open to all adults including those who do not live in Raleigh. Trip fliers and registration forms can be found on the website at www.raleighnc.gov, keyword search "Adult Program" or by calling one of the Active Adult Centers. To receive informational fliers on all trips, complete the form found in the *Adult Program Trip Brochure*.

2018 ONE-DAY TRIPS

January - Sanford, NC: Temple Theatre - Enjoy the *Classic Nashville Road Show II: The Sequined Sequel* with favorite classic hits by beloved county greats!

February - Greensboro, NC: The Barn Dinner Theatre - *The Service at Rocky Bluff: A Hilarious Musical Comedy*—How does a church keep their pastor away from a search committee trying to "steal" him away? Find out in this hilarious show full of gospel music, tons of laughs, and Bobby Socks—the Bible bookworm!

March - Charlotte, NC: Billy Graham Library - Discover the life and legacy of Billy Graham as you tour this 40,000 square-foot library and the Graham family home place.

April - Raleigh, NC: Raleigh Occupied 1865 - The Raleigh Civil War Round Table President Ted Kunstling will take you to 1865 Raleigh. See the sites which witnessed dramatic events and hear stories from both sides of the Civil War.

May - Jordan Lake, NC: Eco Boat Tour - Take in the sights of nature and learn about the lake, birds, the dam and it's spillway as you glide across the waters of Jordan Lake.

June - Kenersville, NC: Korner's Folly - This structure was once billed as "The Strangest Home in the World". Jule Gilmer Korner conceived of this structure as an entertaining space, bachelor quarters and showroom for the wares of his decorating and house furnishing company.

Don't miss out on Trip Fliers/registration forms. Sign up for MyRaleigh Subscription on the parks.raleighnc.gov website Keyword Search Adult Program. Click on the link located on the right hand side of the page.

2018 MULTI-DAY TRIPS

Costa Rica - February 14-22, 2018, Explore the natural wonders this tropical paradise is known for; rain forests, golden brown beaches and active volcano craters. Get closer than imagined to monkeys, sloths, birds and other wildlife.

Colorado Rockies, Historic Rails and Western National Parks - Date, TBD, Highlights include 5 National Park visits: Rocky Mountain, Mesa Verde, Arches, Canyonlands and the Great Sand Dunes, 3 Train Experiences: Durango & Silverton Railroad, Pikes Peak Cog Railway and the Royal Gorge Train.

2018 SOCIAL. OUTDOOR. ADVENTURE. RECREATION (S.O.A.R.)

Indoor Skydiving - No heights required - Date, TBD, Experience the freedom that skydivers have for decades without the use of a plane or parachute. Indoor skydiving involves a vertical chamber (imagine a massive silo with windows) that has the most powerful fans you've ever seen, blowing lots of air into the tunnel from below.

Canoeing and Trails - Forrest Ridge/Falls Lake - Date, TBD, Head out to the smooth waters of Falls Lake at the newest City of Raleigh Park, Forrest Ridge. Begin the day learning basic fundamentals of canoeing with the experienced Adventure Program staff before heading off with a guided paddling tour.

Whitewater Rafting and Hiking - Bryson City, NC - Date, TBD, Enjoy this amazing experience with a fully guided paddling tour and light hikes. North Carolina's shimmering Nantahala River offers river rafting through family-friendly rapids that are mild but exciting. Spend your leisure time exploring a Bryson City a town that is filled with both old and new. Want to enjoy the mountain views but not sure about the rafting or hiking? Come along, there will be plenty of options to choose from.

ADDITIONAL RESOURCES

RESOURCES FOR SENIORS

Email: raleighsc@rfsnc.org
919-996-4738
www.resourcesforseniors.com

The Resources for Seniors Information and Referral Specialist is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults.

MEALS ON WHEELS

919-996-4739, www.wakemow.org

The Five Points Center for Active Adults is a Meals on Wheels Lunch site. Please call for a reservation.



Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov